

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for

Active ingredient Higher percentages of active ingredient provide longer protection

Some brand name examples

Picaridin, also known as KBR 3023,

Bayrepel, and icaridin

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

IR3535

Off!, Cutter, Sawyer, Ultrathon

Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)

Skin So Soft Bug Guard Plus Expedition, SkinSmart

Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

The Eastern Shore Health District recommends protecting yourself from mosquitoes and ticks.

For more information. visit:

www.zikava.gov



For more information about the Medical Reserve Corps or to Volunteer, visit: www.vamrc.org

Mosquito Bite Prevention (United States) Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day. Type of Mosquito Viruses spread Biting habits Protect yourself and your family from mosquito bites Use insect repellent Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for **Active ingredient** Some brand name examples' Higher percentages of active ingredient provide longer protection Off!, Cutter, Sawyer, Ultrathon Picaridin, also known as KBR 3023. Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States) Bayrepel, and icaridin Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) IR3535 Skin So Soft Bug Guard Plus Expedition, SkinSmart

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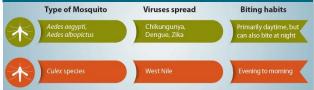


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ZIKA

What you need to know.





Zika can be passed from a pregnant woman to her fetus.



Infection during pregnancy can cause certain birth defects.



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Infection during pregnancy can cause certain birth defects.



Zika is spread mostly by the bite of an infected Aedes species mosquito.

Zika is not currently found in the continental US. The mosquitoes that can carry Zika are found in some areas of the US.



Zika is spread mostly by the bite of an infected *Aedes* species mosquito.

These mosquitoes are

aggressive daytime biters. They can also bite at night.



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Because the mosquitoes

that spread Zika virus are

found throughout the tropics,

outbreaks will likely continue.



There is no vaccine or medicine for Zika.



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U.S. Department of Health and Human Services Centers for Disease Control and Prevention

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